

# BELLY OFF CLUB

Wednesday's Workout Weeks 1-8

## WARM UP:

Complete this warmup circuit twice, resting for 30 seconds between each.



### Y-SQUAT (10 REPS)

Stand with your feet just wider than your shoulders and raise your arms overhead in a Y position. Bringing your shoulder blades down and together, start the movement at your hips (not your knees) and squat down as if you were sitting down. Squat as deeply as possible without allowing your chest to collapse or your lower back to round. Return to standing, pushing yourself up with your glutes, hamstrings, and quads and keeping your arms in the Y position. That's 1 rep.



### PUSHUP (10 REPS)

Assume the classic pushup position, with your legs straight and your hands beneath your shoulders. Bracing your abs and keeping your body rigid, lower yourself until your chest touches the floor. Then push back up until your arms are extended. If floor pushups are too hard to start, elevate your hands or try wall pushups.



### STICKUP (10 REPS)

Stand with your head, shoulders, back, and butt against a wall and your feet shoulder-width apart, about six inches from the wall. Raise your arms toward the ceiling so they're in a "stick-'em-up" position, palms facing forward. Sliding your arms down the wall, bend your elbows until they touch your sides. The slower you do this move, the more intense it'll be. You should feel a strong contraction in the muscles between your shoulder blades. Slowly slide your arms back up and return to start. That's 1 rep.



### MOUNTAIN CLIMBER (5 REPS EACH SIDE)

Get in plank position with your hands directly below your shoulders and your feet together. Draw your left knee toward your chest, then extend your leg back to start. Repeat with your right leg, moving quickly while switching legs. That's 1 rep.

## FORWARD LUNGE (5 REPS EACH LEG)



Take a large step forward with your left leg. When your left thigh is parallel to the floor and your back knee is bent 90 degrees, hold for one second. Then return to start and repeat with your right leg.

## WAITER'S BOW (10 REPS)



Stand with your feet shoulder-width apart, knees slightly bent. Place your right hand flat against the front of your left shoulder. Push your hips back and lower your chest toward the floor. (You'll look like a waiter presenting a menu.) Stop when your chest is almost parallel to the floor. Squeeze your glutes and hamstrings to return to start. That's 1 rep.

## SPIDERMAN CLIMB (5 REPS EACH SIDE)



Assume the classic pushup position. Keeping your abs braced and your body in a straight line, bring your left knee toward your left elbow. Straighten your left leg back to the starting position; repeat with your right leg. That's 1 rep.

## TOTAL-BODY SUPERSETS:

Do the following exercises back-to-back, resting for 15 to 20 seconds between each exercise and for one minute between sets. Complete three sets of each superset before moving on to the next set.

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### SET 1:

## BULGARIAN SPLIT SQUATS (10 REPS EACH SIDE)



Place one foot far in front of the other in a staggered position, with the top of your rear foot placed firmly on top of a bench or step that's less than 18-inches tall. Hold the dumbbells at your sides for a more challenging set. Brace your core and maintain an erect torso as you descend as deep as possible by bending the front leg, keeping your front heel firmly on the floor. You should feel a stretch in your rear leg's hip flexor (top/front of thigh muscle) as you descend. Stand up and exhale as you pass the halfway point during the ascent. Complete all the reps on one leg and then switch to the other side.



### **PLANK WITH ALTERNATING T-REACHES (6 REPS PER SIDE)**

Get in a plank position, hands shoulder-width apart. Keeping your arms straight and your whole body braced, lift your right hand and rotate to the right so that you raise your right arm straight up over your shoulder and your body forms a T. Create strength and length between your hands and be sure to initiate the movement with your core. Return your right hand to the floor. Repeat on the left side and alternate until you complete all reps.

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## **SET 2:**



### **STOP-AND-GO SQUAT AND HOP (8 REPS)**

Stand with feet shoulder-width apart and your arms bent by your side. Lower your torso and bend your knees into a half-squat, and pause. Then lower into a full squat until your thighs are parallel to the floor, and pause. Then hop up into the air and land gently, bending your knees. Return to standing. That's 1 rep.



### **SIDE PLANK HOLD (20 SECONDS EACH SIDE)**

Get in a resting side-plank position on your left side, with your right leg on top of your left and your left elbow beneath your left shoulder. Place your right arm along the top of your body, then lift your hips and torso so you're balancing on your forearm and foot, maintaining a straight body line. Hold for 20 seconds. Repeat on the opposite side.

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## SET 3:



### **3 WAY LUNGE (5 ROUNDS EACH LEG)**

With your hands on your hips, lunge forward with your right foot, sinking down until your right thigh is parallel to the floor. Return to standing. Take a big step to the right and lunge again, keeping your body faced forward and your left leg straight, sinking down and back over the right hip. Step back to center. Then perform a rotational lunge by bringing right knee up and around to the right side of the body and stepping it behind you as you rotate the reverse lunge into a forward lunge facing the opposite direction. As you step out of the lunge, rotate back to the starting position. Keep your neck in line with your spine throughout the move. That's 1 rep. Do all 5 reps on one side, then repeat with opposite leg.



### **GLUTE BRIDGE (12 REPS)**

Lie on the floor with your knees bent, feet hip-width apart, about 6 inches in front of your butt. Press your hips up into a bridge, allowing the front of your body to slowly expand with each breath. Hold for two seconds, lower and repeat.